

CITRUS COUNTY

Community Health Improvement Plan

2020-2025

Approved: February 6, 2020
Revised: March 17, 2022



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Executive Summary

Process

The community health improvement plan (CHIP) is a long-term effort to address public health issues identified by the community health needs assessment (CHNA). A successful CHIP will help a broad set of community partners plan activities, set priorities and take action together to make meaningful improvements in community health. While the CHIP is a community-driven and collectively owned health improvement plan, the Florida Department of Health in Citrus County (DOH-Citrus) is charged with providing administrative support, tracking and collecting data, and preparing the annual review report.

The process of developing the CHIP has served as a catalyst for moving traditional and non-traditional public health groups toward a common goal. The ongoing process of implementing the CHIP will bring together these partners on a regular basis each year to assess implementation and progress towards stated objectives. As such, the plan is meant to be a living document rather than an end point. It reflects a commitment of partners and stakeholders to address shared health issues in a systematic and accountable way.

Background

The Citrus Health Improvement Partnership has been a fully functioning group since 2015. Since then, the Citrus Health Improvement Partnership has been instrumental in the creation and implementation of the Citrus CHNA and CHIP.

In 2018, WellFlorida Council, Inc. and DOH-Citrus met to discuss the process for updating the CHNA. A Steering Committee meeting was held on March 16, 2018 with community stakeholders to discuss the overall health and quality of life in Citrus County, using the Mobilizing for Action Through Planning and Partnerships (MAPP) framework. Two surveys were distributed to aid in the determination of the overall needs in our community: a citizen's survey and a provider's survey. The final Community Health Needs Assessment was delivered by the contractor in November 2018.

In January 2019, the Citrus Health Improvement Partnership reviewed and discussed the 2018 CHNA findings, where five subcommittees were developed to address the health issues identified.

In February 2019, the Citrus Health Improvement Partnership approved their amended charter, which outlines their Mission and Vision as follows:

Mission: Develop a community health improvement plan (CHIP) to address public health problems as identified in the Citrus County Community Health Needs Assessment 2018 through a community driven process that includes engagement of community partners and local public health system partners.

Vision: Being one of the top 10 healthiest counties in the State of Florida as measured by Robert Wood Johnson Foundation.



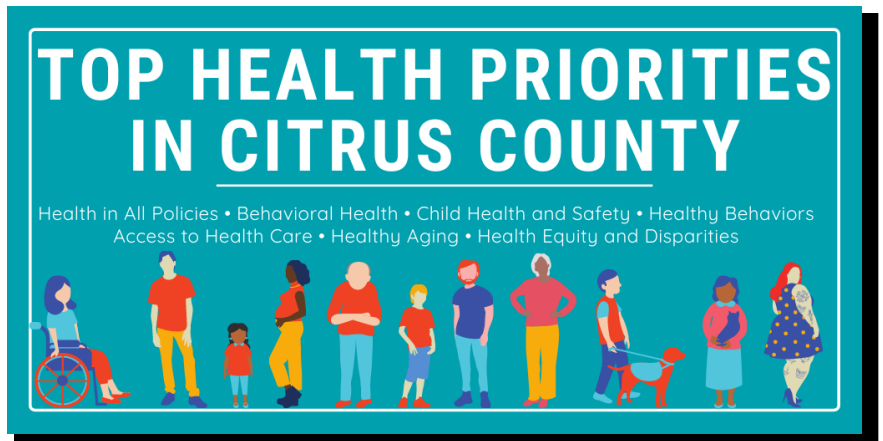
CITRUS
HEALTH
IMPROVEMENT
PARTNERSHIP

Executive Summary

Community Health Priorities

Through a series of monthly meetings, the Citrus Health Improvement Partnership reached consensus on goals, strategies and objectives that fell into the five priority areas that were identified in the 2018 CHNA. In 2021, the Citrus Health Improvement Partnership added Healthy Aging as a priority area to address gaps and needs that were identified by older adults in Citrus County in a recent AARP Livable Communities Survey. In 2022, the Citrus Health Improvement Partnership added Health Equity and Disparities as a priority area to address health inequities and access to care that impact racial and ethnic minorities.

- **Health in All Policies**
- **Behavioral Health**
- **Child Health and Safety**
- **Healthy Behaviors**
- **Access to Health Care**
- **Healthy Aging**
- **Health Equity and Disparities**



Implementation

During these monthly meetings, subcommittees were established and charged with the responsibility for the ongoing implementation and monitoring of the five priority area goals, strategies and objectives, as well as the plan, using data from the CHNA and various sources such as FLHealthCHARTS and the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation's County Health Rankings & Roadmaps.

Over the course of the five-year plan, the CHIP subcommittees will meet bi-monthly to implement and track progress on the CHIP objectives using action plans that identified steps, resources, responsibilities and timeframes. CHIP Subcommittees will recommend revisions of the plan to the Citrus Health Improvement Partnership, who will meet at least quarterly to monitor progress and at least annually to revise the plan. Partners' collective monitoring, reporting progress and revising will ensure the plan remains relevant and effective.

Call to Action

This plan is a call to action for leaders, residents and community champions to get involved in creating a healthier place to live, learn, work and play; to make Citrus County a place where everyone has a chance to live the healthiest life possible. We encourage other County Health Departments, health planning organizations, health and social service organizations, school districts, hospitals, federally qualified health centers, partner agencies, emergency responder organizations, state and local governments, the general public, elected officials, media, chambers of commerce, employers, foundations, funding organizations, the business community and academic institutions to share and utilize this plan to drive their efforts and help close gaps in our community.

Executive Summary (continued)

Changes made to this plan, as of March 31, 2022

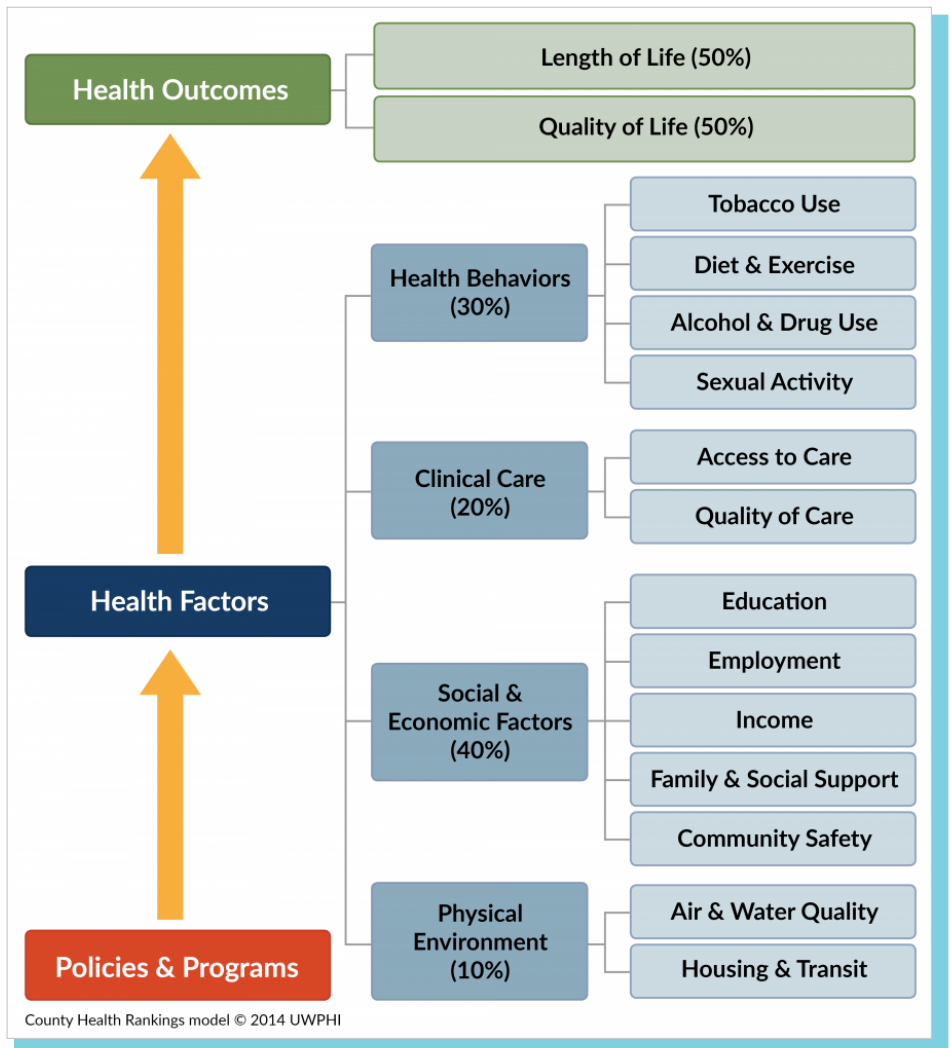
This version of the plan includes a new priority area, Health Equity and Disparities. Target dates for several objectives were extended, based on a current evaluation of the status and likelihood of being able to reach the desired outcome in the timeframe originally proposed and due to challenges presented by the COVID-19 pandemic. Two objectives were changed entirely. Throughout the plan, participating partners' lists were updated based on organization name changes: Bayfront Health Seven Rivers became Bravera Health Seven Rivers and Citrus Memorial Hospital became HCA Florida Citrus Hospital. Several organizations were also added based on current participation. Graphics were updated based on current data for Age Adjusted Hospitalizations for Mental Disorders; Leading Causes of Death Under Age 75; Rate of Live Births to Mothers Who Smoked; Percentage of Elementary Students Eligible for Free Lunch; and Citrus County's ranking for Health Outcomes.

Introduction

What is Health?

County Health Rankings & Roadmaps, an initiative of the University of Wisconsin Population Health Institute School of Medicine and Public Health, defines health as “living long and well” (CHRR website, 2018). This definition points to the fact that health is shaped by the conditions in which people live, learn, work and play. Daily choices such as eating a balanced diet, physical activity, adequate rest, getting the recommended immunizations, avoiding smoking, washing hands and seeing a doctor when sick and for preventive care are necessary for health. Other factors also influence health: social and economic factors and the environment in which people live - the quality of schooling, the cleanliness of water, food and air, the quality of housing, the economy in which people work, the level of income earned, family and external relationships, the safety of neighborhoods and the community resources residents can access (CHRR website, 2018). The Citrus CHIP addresses the conditions that produce our health and strengthen our well-being.

Who Contributes to Health in Citrus County?



The Florida Department of Health bears statutory responsibility for protecting the public’s health. Health is influenced by more than personal choices and a visit to the doctor, therefore DOH-Citrus staff convened partners from a broad spectrum to develop the CHIP. While DOH-Citrus is responsible for ongoing monitoring of the CHIP, DOH-Citrus is only part of the public health system. Other agencies, non-governmental organizations, institutions and informal associations have critical roles in creating conditions in which people can be healthy. DOH-Citrus leadership realized that government entities alone cannot match the collective strength of individuals, communities and various social institutions working together to improve health. This collaborative process culminated in the 2020 -2025 CHIP. The ongoing CHIP process and the plan itself both reflect the partnership, time and commitment of many with expertise in business, education, government, community members and public health to achieve sustainable changes for improving health in Citrus County.

Introduction

How was the Community Health Improvement Plan Developed?

The 2020-2025 CHIP is a result of the [2018 Citrus County Community Health Needs Assessment \(CHNA\)](#), prepared by WellFlorida Council, Inc. and facilitated by DOH-Citrus and the Citrus Health Improvement Partnership. The CHNA and CHIP were developed following the Mobilizing for Action through Planning and Partnerships (MAPP) strategic planning framework. The MAPP tool was developed by the National Association of County and City Health Officials (NACCHO) in cooperation with the Public Health Practice Program Office, Centers for Disease Control and Prevention (CDC). As its name suggests, MAPP is an intensely community-driven process. Strategies to assure inclusion of the assessment of health equity and health disparities have been included in the Citrus County MAPP process. Use of the MAPP tools and process helped Citrus County assure that a collaborative and participatory process with a focus on wellness, quality of life and health equity would lead to the identification of shared, actionable strategic health priorities for the community.

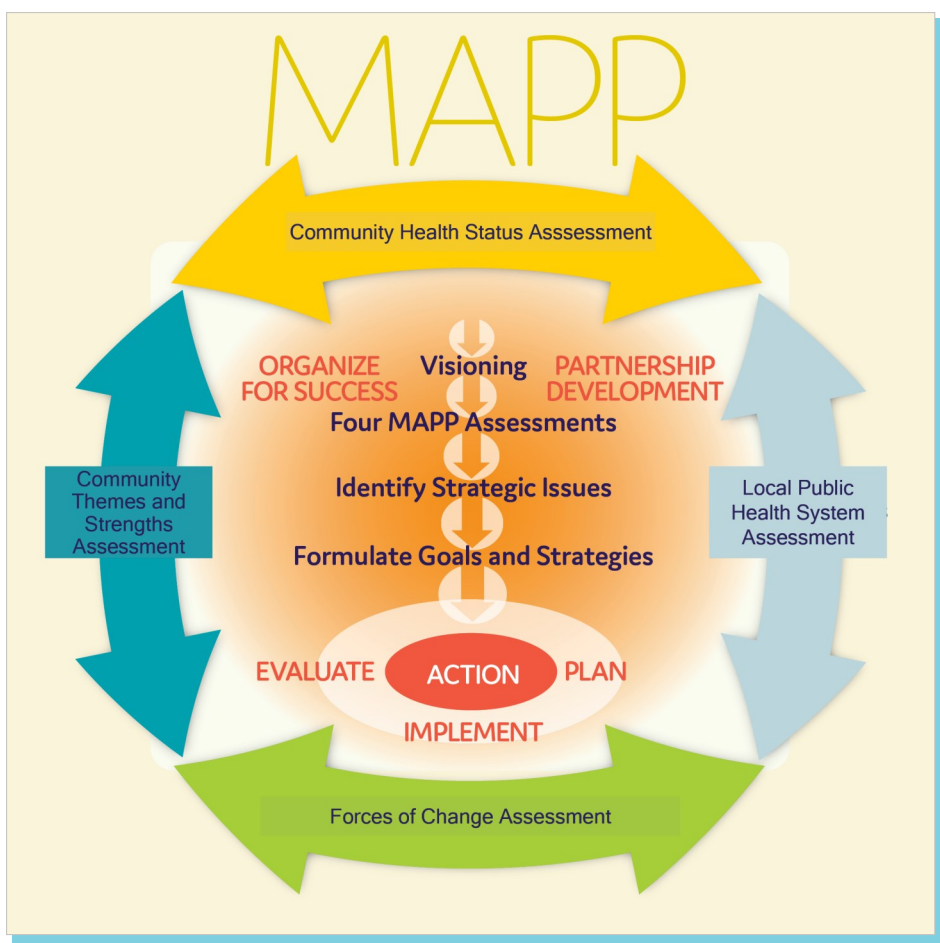
The Four MAPP Assessments

At the heart of the MAPP process are the following core MAPP assessments:

- Community Health Status Assessment (CHSA)
- Community Themes and Strengths Assessment (CTSA)
- Forces of Change Assessment (FOCA)
- Local Public Health System Assessment (LPHSA).

These four MAPP assessments work in concert to identify common themes and considerations in order to hone in on the key community health needs. These MAPP assessments are fully integrated into the 2018 CHNA and the 2020-2025 CHIP.

As mentioned before, the resulting CHIP would not have been possible without the many community partners who participated in the process. The purpose of this document is to identify strategic health issues and objectives for Citrus County in 2020 and beyond. This document will also illustrate why these issues are important to the community.



Community Health Improvement Plan Goals, Strategies and Objectives

Priority 1: Health in All Policies

Health is about so much more than genetics and medical care. Research has shown that the conditions we face as we live, learn, work and play—the social determinants of health—also have a lot to do with how healthy we are.

All too often, in many places, the healthy choice is not the easy choice. Health professionals can encourage healthy choices, but the accessibility of healthy choices is largely impacted by sectors traditionally perceived to be unassociated with health (e.g. transportation, housing, public safety, economic development, land use, education, etc.). Addressing the inaccessibility of healthy choices is a shared responsibility. All sectors have a role to play in improving the health of our communities, especially policy makers.

Goal Area 1: Health in All Policies Education

Goal: Educate stakeholders on Health in All Policies (HiAP).

Strategy: Develop targeted HiAP campaign.

Objective: Increase the number of HiAP educational workshops offered to stakeholders from zero to five by June 30, 2023.

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County Government, Citrus County School District, Citrus County Support Services (Aging Network), Community Representatives and WellFlorida Council, Inc.

Goal Area 2: Health in All Policies Implementation

Goal: Adopt HiAP approach to decision making process in Citrus County.

Strategy: Engage key stakeholders to consider health in policy decisions and governmental operations.

Objective 1: Add public health policy language to various elements in the Citrus County Comprehensive Plan by December 31, 2020. **Objective achieved**

Objective 2: Add public health policy language to various elements in the City of Crystal River's Comprehensive Plan by December 31, 2022. (Currently, there is no public health policy language in the City of Crystal River's Comprehensive Plan and there is no baseline for this objective.)

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County School District, Citrus County Support Services (Aging Network), City of Crystal River, Community Representatives and WellFlorida Council, Inc.



Community Health Improvement Plan Goals, Strategies and Objectives

Priority 2: Behavioral Health

Across the nation and the state, mental health and substance use is a major concern. Citrus County is no exception. Hospitalizations for mental disorders in Citrus County show an alarming trend. Since 2015, Citrus County rates per 100,000 population have surpassed the state's rate, designating Citrus County seventh in the state for the worst rates of hospitalizations for mental disorders (FLHealthCHARTS). Survey results from the 2018 CHNA also showed mental health as the second most important factor that affects the health of our community, citing the need for expanded services and a behavioral health system of care that reaches children all the way to adults.

Goal Area 1: Behavioral Health

Education for Health Care Professionals

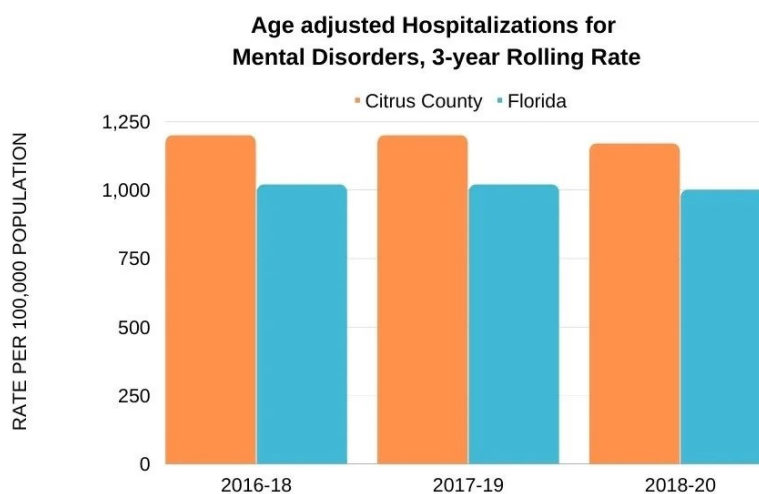
Goal: Educate health care professionals on the importance of complete and accurate assessments and diagnosis.

Strategy: Explore comprehensive behavioral health Continuing Medical Education (CME) and Continuing Education Unit (CEU) courses/programs for Citrus County health care professionals.

Objective: Increase the number of behavioral health workshops offered to Citrus County health care professionals from zero to three by December 31, 2021. **Objective achieved**

Coordinating Agency: DOH-Citrus

Participating Partners: Anti-Drug Coalition of Citrus County, Bravera Health Seven Rivers, Central Healthy Start, Citrus County Government, Citrus County School District, Citrus County Sheriff's Office, Citrus Memorial Health Foundation YMCA, HCA Florida Citrus Hospital, Citrus Pregnancy Center, Citrus Substance Exposed Newborns Taskforce, Community Alliance of Citrus County, Episcopal Children Services, Florida Department of Children and Families Circuit, Florida Fifth District Office of Criminal Conflict and Civil Regional Counsel, Florida Healthy Babies, Florida WellCare Alliance, GROUPS Recover Together, Gulfcoast North Area Health Education Center, Jessie's Place, Langley Health Services, LifeStream Behavioral Center, LSF Health Systems, Mid Florida Homeless Coalition, NAMI Citrus County, The Pregnancy and Family Life Center, University of Florida College of Public Health, WellFlorida Council, Inc. and Youth Family Alternatives.



Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 2: Behavioral Health in Pediatrics

Goal: Recruit Pediatric Psychiatrists to practice in Citrus County.

Strategy: Partner with Gulfcoast North Area Health Education Center to provide rotation opportunities to satisfy behavioral health training requirements for medical programs.

Objective: Increase the number of behavioral health training site locations/offices in Citrus County from zero to one by December 31, 2022.

Coordinating Agency: DOH-Citrus

Participating Partners: Anti-Drug Coalition of Citrus County, Bravera Health Seven Rivers, Central Healthy Start, Citrus County Government, Citrus County School District, Citrus County Sheriff's Office, Citrus Memorial Health Foundation YMCA, HCA Florida Citrus Hospital, Citrus Pregnancy Center, Citrus Substance Exposed Newborns Taskforce, Community Alliance of Citrus County, Episcopal Children Services, Florida Department of Children and Families Circuit, Florida Fifth District Office of Criminal Conflict and Civil Regional Counsel, Florida Healthy Babies, Florida WellCare Alliance, GROUPS Recover Together, Gulfcoast North Area Health Education Center, Jessie's Place, Langley Health Services, LifeStream Behavioral Center, LSF Health Systems, Mid Florida Homeless Coalition, NAMI Citrus County, The Pregnancy and Family Life Center, University of Florida College of Public Health, WellFlorida Council, Inc. and Youth Family Alternatives.

Goal Area 3: Behavioral Health Resources for Parents and Guardians

Goal: Empower Citrus County parents and guardians to recognize and respond to behavioral health signs in school age children and youth.

Strategy: Promote resources and information targeted to parents and guardians on behavioral health topics and health plans.

Objective 1: Increase the number of behavioral health workshops provided to Citrus County parents and guardians from zero to four by June 30, 2022. **Objective achieved**

Objective 2: Partner with Citrus Schools to develop social media campaign to promote parenting workshops and behavioral health information by June 30, 2022. **Objective achieved**

Objective 3: Increase the number of health and human services organizations in Citrus County who are trained in the Florida Department of Children and Families Circuit 5's Mental Health and Behavioral Health Service Navigation Training from zero (2019) to 20 by December 31, 2022. **Objective achieved**



37.6

the percentage of Citrus County middle and high school students who, in the past year, felt sad or hopeless for two or more weeks in a row and stopped doing usual activities compared to 30% statewide (FLHealthCHARTS 2020).

Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 3: Behavioral Health Resources for Parents and Guardians (continued)

Objective 4: Unite maternal and child health organizations to explore local Infant Early Childhood Mental Health (IECMH) network in Citrus County by June 30, 2023. (Currently there is no IECMH network in Citrus County.)

Coordinating Agency: DOH-Citrus

Participating Partners: Anti-Drug Coalition of Citrus County, Bravera Health Seven Rivers, Central Healthy Start, Citrus County Government, Citrus County School District, Citrus County Sheriff's Office, Citrus Memorial Health Foundation YMCA, HCA Florida Citrus Hospital, Citrus Pregnancy Center, Citrus Substance Exposed Newborns Taskforce, Community Alliance of Citrus County, Episcopal Children Services, Florida Department of Children and Families Circuit, Florida Fifth District Office of Criminal Conflict and Civil Regional Counsel, Florida Healthy Babies, Florida WellCare Alliance, GROUPS Recover Together, Gulfcoast North Area Health Education Center, Jessie's Place, Langley Health Services, LifeStream Behavioral Center, LSF Health Systems, Mid Florida Homeless Coalition, NAMI Citrus County, The Pregnancy and Family Life Center, University of Florida College of Public Health, WellFlorida Council, Inc. and Youth Family Alternatives.

Goal Area 4: Behavioral Health Opioid Use Disorder Resources



Goal: Provide necessary behavioral health resources and tools to individuals, families and community partners to reduce opioid overdose deaths and link those in need to treatment services.

Strategy: Partner with behavioral health organizations to increase knowledge of health, and access to, opioid overdose reversal medication and medication-assisted treatment services in Citrus County.

Objective 1: Form a group of related agencies and organizations that have direct knowledge, can impact, or provide treatment to individuals affected by opioid use disorder by December 31, 2021. **Objective achieved**

Objective 2: Reduce the average number of annual opioid overdose deaths in Citrus County from 37 (2010-2019) to 18 or less by December 31, 2023.

Objective 3: Encourage appropriate use of Marchman Act at three hospitals/emergency departments in Citrus County through use of LifeStream's Mobile Response Team, counseling and treatment services. (Baseline and target value to be determined.)

Objective 4: Increase the percentage of pregnant women affected by opioid use disorder in the DOH-Citrus Prenatal Care Program who receive treatment in their first trimester from 33% (2020) to 40% by December 31, 2022.

Coordinating Agency: Citrus County Opioid Task Force, DOH-Citrus, LifeStream Behavioral Center

Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 4: Behavioral Health Opioid Use Disorder Resources (continued)

Participating Partners: Anti-Drug Coalition of Citrus County, Bravera Health Seven Rivers, Central Healthy Start, Citrus County Government, Citrus County School District, Citrus County Sheriff's Office, Citrus Memorial Health Foundation YMCA, HCA Florida Citrus Hospital, Citrus Pregnancy Center, Citrus Substance Exposed Newborns Taskforce, Community Alliance of Citrus County, Episcopal Children's Services, Florida Department of Children and Families Circuit, Florida Fifth District Office of Criminal Conflict and Civil Regional Counsel, Florida Healthy Babies, Florida WellCare Alliance, GROUPS Recover Together, Gulfcoast North Area Health Education Center, Jessie's Place, Langley Health Services, LifeStream Behavioral Center, LSF Health Systems, Mid Florida Homeless Coalition, NAMI Citrus County, The Pregnancy and Family Life Center, University of Florida College of Public Health, WellFlorida Council and Youth Family Alternatives.

Priority 3: Child Health and Safety

The well-being of women, infants, children and families determines the health of the next generation. Events over the life course influence maternal and child health risks and outcomes. In Citrus County, the infant mortality rate has risen 41 percent to 8.2 infant deaths per 1,000 live births in the county (FLHealthCHARTS 2017-19) from 5.8 infant deaths (FLHealthCHARTS 2012-14). Twenty-six infant deaths occurred between 2017 and 2019, with 11 of these deaths occurring in 2018 alone (FLHealthCHARTS).

Goal Area 1: Child Health and Safety Healthy Pregnancy

Goal: Encourage healthy pregnancies leading to healthy infants and reduced infant morbidity and mortality.

Strategy: Promote the importance of safe sleep, breastfeeding and prenatal care.

Objective 1: Increase the percentage of births to mothers with first trimester prenatal care from 68% (2019) to 70% by December 31, 2022.

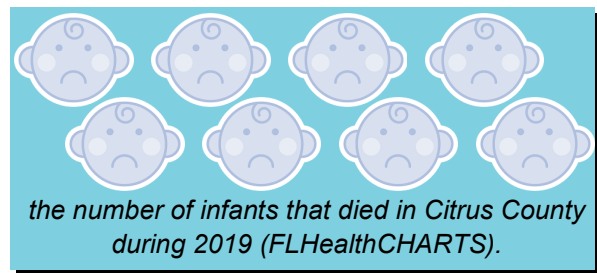
Objective 2: Improve access to breastfeeding support for new families in Citrus County by increasing the average number of calls per month answered by the Infant Feeding Line from 14 (2021) to 22 by Dec. 31, 2022.

Objective 3: Improve access to breastfeeding support for new Spanish-speaking limited English-proficient (LEP) families in Citrus County by increasing the average number of calls per month answered by la línea de alimentación infantil from zero (2020) to one by December 31, 2022.

Objective 4: Increase the percentage of pregnant women affected by opioid use disorder in the DOH-Citrus Prenatal Care Program who receive treatment in their first trimester from 33% (2020) to 40% by December 31, 2022.

Coordinating Agency: DOH-Citrus

Participating Partners: Central Healthy Start, Citrus County Fire Rescue, Citrus County Opioid Task Force, Citrus Pregnancy Center, Citrus Substance Exposed Newborns Taskforce, Early Learning Coalition of the Nature Coast, Florida Department of Children and Families, Florida Healthy Babies, Healthy Families, Lutheran Children's Services and The Pregnancy Family Life Center.



Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 2: Child Health and Safety Unintentional Injuries and Hospitalizations

Goal: Reduce non-fatal motor vehicle traffic related injuries and hospitalizations in children and youth.

Strategy: Partner with community organizations to provide child passenger safety seat education and technical assistance to Citrus County families.

Objective 1: Increase the number of certified child passenger safety technicians in Citrus County from three (2020) to 10 by December 31, 2023.

Objective 2: Increase the number of child passenger safety seat check events provided in Citrus County from zero (2020) to four by December 31, 2023.

Coordinating Agency: DOH-Citrus

Participating Partners: Central Healthy Start, Central SafeKids Coalition, Citrus County Fire Rescue, Citrus Substance Exposed Newborns Taskforce, Florida Healthy Babies, Lutheran Children's Services and Episcopal Children's Services.

Priority 4: Healthy Behaviors

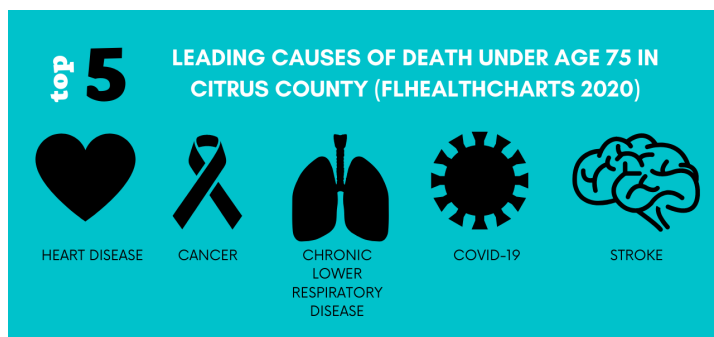
Chronic diseases such as heart disease, diabetes and obesity are among the most common and costly health conditions impacting our community's health and well-being. The good news is chronic diseases are often entirely preventable through the adoption of a healthy lifestyle. Because of this, the 2018 CHNA identified the following issues as top priorities for Citrus County: reducing overweight and obesity rates, improving access to healthy food choices, decreasing tobacco use and addressing the lack of physical activity and personal responsibility in health decision-making. Fortunately, Citrus County has unique characteristics, such as parks, trails and springs, that offer great potential for providing a high quality of life for residents and visitors.

Goal Area 1: Healthy Behaviors Physical Activity

Goal: Increase physical activity in the community.

Strategy: Encourage physical activity through the use of Citrus County parks and trails.

Objective 1: Increase the number of kid-friendly trails in Citrus County from zero to one by September 30, 2022.



Objective 2: Increase the number of "Park Prescriptions" written by one Citrus County pediatrician from zero to 10 by September 30, 2022.

Objective 3: Increase the number of public service announcements to encourage outdoor activities from zero to two by January 31, 2023.

Objective 4: Provide physical activity information and activities at 12 out of 12 Teen Night Out events hosted by the City of Inverness by December 31, 2022.

Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 1: Healthy Behaviors Physical Activity (continued)

Coordinating Agency: DOH-Citrus

Participating Partners: Anti-Drug Coalition of Citrus County, City of Inverness, Citrus County Sheriff's Office, Citrus County Education Foundation, Devonte White and Community Representatives.

Goal Area 2: Healthy Behaviors Healthy Life Expectancy

Goal: Decrease the percentage of women who smoke during pregnancy and postpartum.

Strategy: Provide evidence-based smoking cessation programs to pregnant families in Citrus County.

Objective: Increase the number of participants who have graduated from the Baby & Me – Tobacco Free Program from zero (2019) to three by December 31, 2023.

Coordinating Agency: DOH-Citrus

Participating Partners: The Pregnancy and Family Life Center, WIC and OB-GYN medical offices.

Goal: Decrease tobacco use among youth.

Strategy 1: Partner with CivCom and Citrus County Schools to reduce the number of students who are required to complete the Youth Tobacco Citation Course.

Objective: Increase the number of youth that complete the training for those that are referred to the Citation Class for on-school grounds use of tobacco and vaping products by December 31, 2022. Baseline total tobacco infractions 122 (FY 19/20) target values to be determined.

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County School District, CivCom, Clerk of Courts and School Resource Deputies.

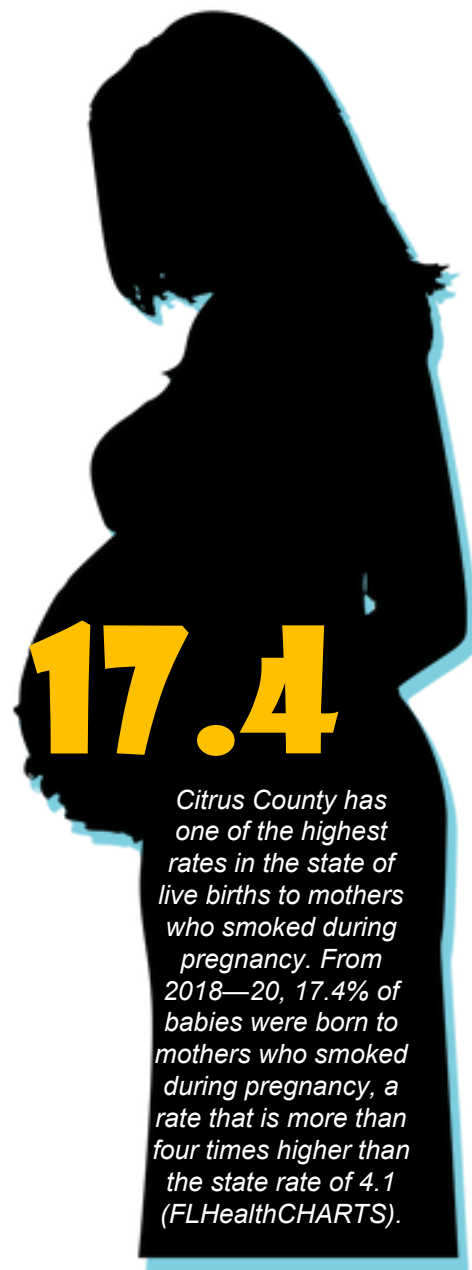
Goal: Eliminate Citrus County residents' and visitors' exposure to secondhand smoke and e-cigarette aerosol.

Strategy: Leverage community partners to support policy change with local city government.

Objective: Increase the number of local governing bodies that adopt tobacco free resolutions in public parks from zero (2018) to three by July 31, 2021. **Objective achieved**

Coordinating Agency: DOH-Citrus

Participating Partners: Anti-Drug Coalition of Citrus County, Citrus County Government, City of Crystal River and City of Inverness.



Community Health Improvement Plan Goals, Strategies and Objectives

Goal Area 2: Healthy Behaviors Healthy Life Expectancy (continued)

Goal: Empower people with diabetes to manage condition and live healthier lives.

Strategy: Provide no-cost evidence-based diabetes education and support services to older adults in Citrus County.



Objective 1: Increase the number of trained DOH-Citrus staff who can facilitate the Diabetes Empowerment Education Program from one to two by December 31, 2022.

Objective 2: Partner with Elder Options to increase the number of Diabetes Empowerment Education Program workshops provided in Citrus County from zero to one by January 1, 2023.

Objective 3: Establish DOH-Citrus as a Centers for Disease Control and Prevention (CDC)-recognized lifestyle change program by October 31, 2025.

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County Support Services and Elder Options.

Goal Area 3: Healthy Behaviors Healthy Foods

Goal: Improve access to healthy foods.

Strategy: Partner with local businesses and organizations to provide healthier food options and education on ways to prepare healthy food.

Objective 1: Increase the number of local businesses in identified food desert areas that provide access to fresh foods (e.g. produce) from zero to one by December 31, 2022.

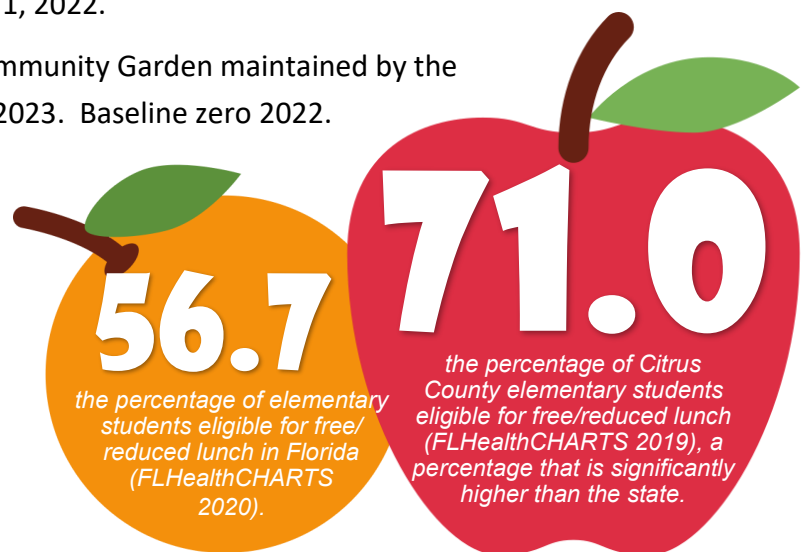
Objective 2: Create one list or guide developed by the Citrus Health Improvement Partnership to promote fresh produce stands/markets in Citrus County by December 31, 2022.

Objective 3: Support/encourage the use of Inverness Community Garden maintained by the Key Training Center through outreach by December 31, 2023. Baseline zero 2022.
Target values to be determined.

Objective 4: Increase the number of community cooking classes provided to young adults from zero (2021) to three by December 31, 2023.

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County School District, City of Inverness, Key Training Center and Community Representatives.



Community Health Improvement Plan Goals, Strategies and Objectives

Priority 5: Access to Health Care

Studies show that those who are uninsured live sicker and die younger, but insurance coverage alone doesn't guarantee access to quality health care. Not only has Citrus County been designated as a health professional shortage area by the Department of Health and Human Services, but the county has one of the lowest rankings in the state when it comes to length of life. According to the 2021 County Health Rankings & Roadmaps, Citrus ranked 55 out of 67 for health outcomes. Additionally, the premature death rate (years of potential life lost before age 75 per 100,000 population) is trending in the wrong direction for Citrus County, with a high rate of 11,800 as compared to Sumter County's rate of 8,400.

Goal Area 1: Access to Health Care System of Care

Goal: Enhance access to primary care, mental health services, dental care and specialty care.

Strategy: Leverage community partners to create a system of care in Citrus County.

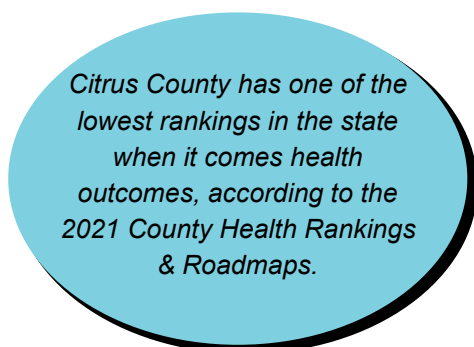
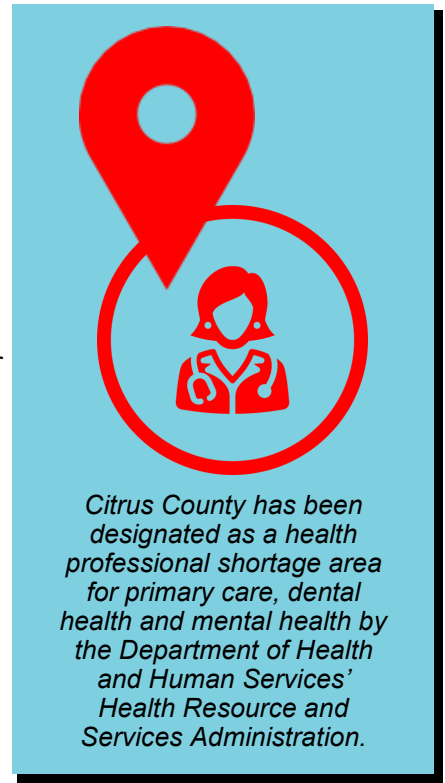
Objective 1: Increase the number of volunteer providers signed up to provide care through the Doctors' Free Clinic of Citrus County from one (2020) to three by December 31, 2024.

Objective 2: Increase the number of volunteer primary care and internal medicine providers signed up for the We Care Program from zero (2021) to four by December 31, 2024.

Objective 3: Increase the number of large fluoridated water systems in the county from two (2019) to three by December 31, 2022.

Coordinating Agency: DOH-Citrus

Participating Partners: Citrus County Government, Doctors' Free Clinic of Citrus County, Mid Florida Homeless Coalition and WellFlorida Council, Inc.



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Community Health Improvement Plan Goals, Strategies and Objectives

Priority 6: Healthy Aging

As we get older, there are steps we can take to maintain our health and function, and continue to live independently. From improving diet and levels of physical activity to staying involved in the community, understanding medications and making changes to keep homes safe to age in, these actions can influence the health and quality of life of older adults. With 36 percent of residents 65 years of age and older, Citrus County faces unique challenges associated with an aging population. In 2019, Citrus County joined AARP's Network as a Age-Friendly Community with a commitment to address rapid aging of the population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

Goal Area 1: Healthy Aging Active Engagement

Goal: Maximize efforts to improve health and well-being for older adults.

Strategy: Engage community partners, residents and visitors on aging initiatives and activities.

Objective 1: Review the Age Friendly Action Plan upon completion and approval by AARP and the Age Friendly Committee, as part of the Citrus Health Improvement Partnership. (Baseline, target value and target date to be determined.)

Objective 2: Encourage development of partnerships with local entities to increase participation of older citizens in programming by April 30, 2024. (Baseline and target value to be determined.)

Coordinating Agencies: DOH-Citrus and Citrus County Support Services.

Participating Partners: DOH-Citrus and Citrus County Support Services.

Goal Area 2: Healthy Aging Accessible Housing

Goal: Ensure housing for older citizens is safe and designed to make the home livable for everyone.

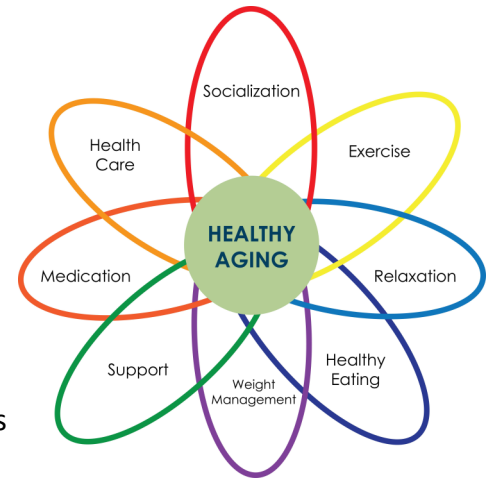
Strategy: Ensure that AARP's HomeFit Guide is used to determine modifications that need to be made so that the home will be a comfortable and safe place to reside as the resident ages.

Objective 1: Provide education to owners, renters, licensed contractors, handymen and other entities on the AARP HomeFit Guide provisions by April 30, 2024. (Baseline and target value to be determined.)

Objective 2: Encourage the use of housing option incorporating universal design, in which all people regardless of age, size, ability or disability, can be accessed and used to the greatest extent possible without the need for modification, assistive devices or specialized solutions with the HiAP subcommittee and other entities through engagement by December 31, 2022. (Baseline and target value to be determined.)

Coordinating Agencies: DOH-Citrus and Citrus County Support Services.

Participating Partners: DOH-Citrus and Citrus County Support Services.



Community Health Improvement Plan Goals, Strategies and Objectives

Priority 7: Health Equity and Disparities

While racial and ethnic minorities account for the smallest portion of population in Citrus County, they often bear the heaviest burden when it comes to poor health outcomes. The main reasons for the disproportionate outcomes are access to health care and a mistrust of the health care and political systems. The COVID-19 pandemic highlighted these disparities. According to the Centers for Disease Control and Prevention, Blacks were 2.5 times more likely to be hospitalized due to COVID-19 and 1.7 times more likely to die; Hispanics were 2.4 times more likely to be hospitalized and 1.9 times more likely to die.



Goal Area 1: Achieve Health Equity and Eliminate Disparities

Goal: Work closely with community leaders to achieve health equity, eliminate disparities, and improve the health of all groups within our community.

Strategy: Engage community partners and residents to build a sustainable network within our community to continue to address barriers in achieving health equity and the elimination of health disparities within our county.

Infrastructure & HE Planning

Objective 1: Increase the number of community partners/organizations engaged in efforts to reduce disparities related to COVID-19 from 1 (2021) to 4 by June 2023.

Objective 2: Increase COVID-19 vaccination events to include real time pre and post vaccination education on vaccination potential reactions, and precautions, from 1 (2021) to 2 by June 2023.

Built Environment

Objective 3: Increase the number of key stakeholders to consider health in policy decisions and governmental operations from 1 (2021) to 2 by June 2023 [working with the HiAP subcommittee].

Objective 4: Increase the use of media specific to target populations disproportionately impacted by COVID-19 from 0 (2021) to 2 by June 2023.

Access to Quality Health Care

Objective 5: Increase the number of volunteer primary care and internal medicine providers signed up for the We Care Program and/or Doctors Free Clinic from 1 (2021) to 4 by December 21, 2024.

Objective 6: Increase breastfeeding rates of Black (B) and Hispanic (H) populations in the county from 78.8% for (H) and 73.7 for (B) (2020) to 79% (H) and 74% (B) by June 2023 [working with the Child Health and Safety subcommittee].

Coordinating Agency: DOH-Citrus

Participating Partners: Floral City United Methodist Church, Mt. Carmel Methodist Church, First Baptist Church of Hernando, The New Church Without Walls International, Doctors' Free Clinic, The Florida WellCare Alliance, LC.

Alignment with State and National Goals, Strategies and Objectives

Health in All Policies

Goal Area 1: Health in All Policies Education

Goal Area 2: Health in All Policies Implementation

Alignment: [Florida State Health Improvement Plan](#) Health Equity Priority Area

Goal HE1 Establish shared understanding across all sectors (including, but not limited to, state and local agencies and other organizations) concerning information and issues surrounding health equity (HE), cultural competency/sensitivity, and how social determinants of health (SDOH) influence the health of Florida's residents and communities.



Behavioral Health

Goal Area 1: Behavioral Health Education for Health Care Professionals

Goal Area 2: Behavioral Health in Pediatrics

Goal Area 3: Behavioral Health Education for Parents and Guardians

Goal Area 4: Behavioral Health Opioid Use Disorder Resources

Alignment: [Florida State Health Improvement Plan](#) Behavioral Health Priority Area - Includes Mental Illness & Substance Abuse

Goal BH1 Reduce mental, emotional and behavioral health disorders in children through improved identification and treatment of behavioral health disorders in parents who come in contact with the child welfare system.

Goal BH2 Decrease the number of newborns experiencing neonatal abstinence syndrome.

Goal BH3 Reduce the number of opioid overdose deaths among individuals with opioid use disorders.

Alignment: [Healthy People 2030](#) Mental Health and Mental Disorders Goal Area

MHMD-04 Increase the proportion of adults with serious mental illness who get treatment.

MHMD-05 Increase the proportion of adults with depression who get treatment.

MHMD-07 Increase the proportion of people with substance use and mental health disorders who get treatment for both.

MHMD-08 Increase the proportion of primary care visits where adolescents and adults are screened for depression.

AH-D02 Increase the proportion of children and adolescents with symptoms of trauma who get treatment.

Alignment with State and National Goals, Strategies and Objectives

Behavioral Health (continued)

MHMD-D01 Increase the number of children and adolescents with serious emotional disturbance who get treatment.

MICH-02 Reduce the proportion of women who use illicit opioids during pregnancy.

MICH-11 Increase abstinence from illicit drugs among pregnant women.

MICH-18 Increase the proportion of children with mental health problems who get treatment.

EMC-D04 Increase the proportion of children and adolescents who get appropriate treatment for anxiety or depression.

EMC-D05 Increase the proportion of children and adolescents who get appropriate treatment for behavior problems.

AHS-R01 Increase the ability of primary care and behavioral health professionals to provide more high-quality care to patients who need it.

Child Health and Safety

Goal Area 1: Child Health and Safety Healthy Pregnancy

Goal Area 2: Child Health and Safety Unintentional Injuries and Hospitalizations

Alignment: [Florida State Health Improvement Plan](#) Injury, Safety & Violence, Maternal & Child Health Priority Areas

Goal ISV1 Prevent and reduce intentional and unintentional injuries and deaths in Florida.

Goal MCH1 Reduce infant mortality and related disparities.

Goal MCH2 Prevent pregnancy-related mortality and maternal morbidity and reduce racial disparities.

Alignment: [Healthy People 2030](#) Maternal, Infant and Child Health Goal Area

MICH-01 Reduce the rate of fetal deaths at 20 or more weeks of gestation.

MICH-02 Reduce the proportion of women who use illicit opioids during pregnancy.

MICH-04 Reduce maternal deaths.

MICH-05 Reduce severe maternal complications identified during delivery hospitalizations.

MICH-08 Increase the proportion of pregnant women who receive early and adequate prenatal care.

MICH-07 Reduce preterm births.

MICH-11 Increase abstinence from illicit drugs among pregnant women.

MICH-15 Increase the proportion of infants who are breastfed exclusively through age 6 months.

MICH-16 Increase the proportion of infants who are breastfed at 1 year.

Alignment with State and National Goals, Strategies and Objectives

Healthy Behaviors

Goal Area 1: Healthy Behaviors Physical Exercise

Goal Area 2: Healthy Behaviors Healthy Life Expectancy

Goal Area 3: Healthy Behaviors Healthy Foods

Alignment: [Florida State Health Improvement Plan](#) Healthy Weight, Nutrition & Physical Activity Priority Areas

Goal HW1 Improve the food environment and nutrition habits across the lifespan to increase healthy weight.

Goal HW2 Improve access to and participation in physical activity opportunities across the lifespan to increase healthy weight.

Alignment: [Healthy People 2030](#) Nutrition and Healthy Eating/Diabetes/Maternal, Infant and Child Health

NWS-01 Reduce household food insecurity and hunger.

NWS-03 Reduce the proportion of adults with obesity.

D-D01 Increase the proportion of eligible people completing CDC-recognized type 2 diabetes prevention programs.

MICH-10 Increase abstinence from cigarette smoking among pregnant women.

Access to Health Care

Goal Area 1: Access to Health Care System of Care

Alignment: [Florida State Health Improvement Plan](#) Chronic Diseases & Conditions Priority Area - Includes Tobacco-Related Illnesses & Cancer

Goal CD1 Increase cross-sector collaboration for the prevention, early detection, treatment and management of chronic diseases and conditions to improve health equity.

Goal CD2 Enhance community health systems to address social determinants of health through Asset-Based Community Development and partnerships.

Goal HE3 Strengthen the capacity of state and local agencies and other organizations to work collaboratively with communities and each other to support the specific needs of Florida's most vulnerable populations.

Alignment: [Healthy People 2030](#) Health Care Access and Quality/Oral Health

AHS-04 Reduce the proportion of people who can't get medical care when they need it.

AHS-06 Reduce the proportion of people who can't get prescription medicines when they need them.

AHS-07 Increase the proportion of people with a usual primary care provider.

AHS-R01 Increase the ability of primary care and behavioral health professionals to provide more high-quality care to patients who need it.

Alignment with State and National Goals, Strategies and Objectives

Access to Health Care (continued)

OH-11 Increase the proportion of people whose water systems have the recommended amount of fluoride.

Healthy Aging

Goal Area 1: Healthy Aging Active Engagement

Goal Area 2: Healthy Aging Accessible Housing

Alignment: [Florida State Health Improvement Plan](#) Chronic Diseases & Conditions Priority Area - Includes Tobacco-Related Illnesses & Cancer

Goal HE3 Strengthen the capacity of state and local agencies and other organizations to work collaboratively with communities and each other to support the specific needs of Florida's most vulnerable populations.

Alignment: [Healthy People 2030](#) Older Adults/Housing and Homes

OA-01 Increase the proportion of older adults with physical or cognitive health problems who get physical activity.

DH-04 Increase the proportion of homes that have an entrance without steps.

Health Equity and Disparities

Goal Area 1: Achieve Health Equity and Eliminate Disparities

Alignment: [Florida State Health Improvement Plan](#) Health Equity Priority Area

Goal HE1 Establish shared understanding across all sectors (including, but not limited to, state and local agencies and other organizations) concerning information and issues surrounding health equity (HE), cultural competency/sensitivity, and how social determinants of health (SDOH) influence the health of Florida's residents and communities.

Alignment: [Healthy People 2030](#) Health Care Access and Quality

AHS-08 Increase the proportion of adults who get recommended evidence-based preventive care.

Alignment: [Healthy People 2030](#) Immunization and Infectious Diseases

IID-DO3 Increase the proportion of adults age 19 years or older who get recommended vaccines.

Alignment: [Healthy People 2030](#) Maternal, Infant and Child Health

MICH-15 Increase the proportion of infants who are breastfed exclusively through age 6 months.

MICH-16 Increase the proportion of infants who are breastfed at 1 year.

Acknowledgements

Citrus Health Improvement Partnership

AHEC	Community Representatives
Anti-Drug Coalition of Citrus County	Daystar Life Center of Citrus County
Aspire—Home of the RIVER Project	Devonte White
Bravera Health Seven Rivers	Doctors’ Free Clinic of Citrus County
Career Source	Early Learning Coalition of the Nature Coast
CASA	Elder Options
Citrus County Community Charitable Foundation, Inc.	Elite DNA Therapy Services
The Centers	Episcopal Children’s Services
Central Healthy Start	First Baptist Church of Hernando
Central SafeKids Coalition	Floral City United Methodist Church
The Citrus County Chronicle	Florida Department of Children and Families Circuit 5
Citrus County Education Foundation	Florida Fifth District Office of Criminal Conflict and Civil Regional Counsel
Citrus County Fire Rescue	Florida Healthy Babies
Citrus County Chamber of Commerce	Florida Wellcare Alliance
Citrus County Government	Footprints on My Heart
Citrus County Opioid Task Force	GROUPS Recover Together
Citrus County School District	Gulfcoast North Area Health Education Center
Citrus County Sheriff’s Office	HCA Florida Citrus Hospital
Citrus County Support Services (Aging Network)	HCA Healthcare
Citrus Memorial Health Foundation YMCA	Healthy Families
Citrus Pregnancy Center	IMPACT Your Life
Citrus Substance Exposed Newborns Taskforce	Isaiah Foundation, Inc.
City of Crystal River	Jessie’s Place
City of Inverness	Key Training Center
CivCom	Kids Central, Inc.
Comfort Keepers	Langley Health Services
Community Alliance of Citrus County	Lifesouth Community Blood Centers

Acknowledgements

LifeStream Behavioral Center

LSF Health Systems

Lutheran Children's Services

Mid Florida Homeless Coalition

Mt. Carmel Methodist Church

NAMI Citrus County

Nature Coast Ministries

The New Church Without Walls International

PACE Center for Girls Citrus

The Pregnancy and Family Life Center

Saint Leo University

Statement of Appreciation

Special thanks are due to the many community partners and individuals who show commitment to building a healthy and thriving community in Citrus County through their dedicated efforts and exceptional support.

